

HEALTHY LIFESTYLE AND ITS FORMATION AMONG STUDENTS AND YOUNG PEOPLE IN HIGHER EDUCATIONAL INSTITUTIONS

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ABSTRACT

Forming a healthy lifestyle among student youth and involving them in physical education and sports is one of the most urgent problems of today. A healthy lifestyle is a way of life of a person, in which a person understands a set of activities related to maintaining, strengthening and preventing diseases.

Keywords: healthy lifestyle, students, sustainable development, public health, information technology.

A healthy person thinks healthy, only a healthy thinking person has healthy faith and belief. The basis of a healthy lifestyle is a happy and long life. The noble goal chosen by the initiative of our first president from the first years of our country's independence - the concept of "Healthy offspring - healthy child - healthy generation" to form a healthy lifestyle program is valid. In our country, the necessary conditions are being created for the popularization of physical education and sports, the promotion of a healthy lifestyle among the population, especially among young people. on measures for further development and "On measures to prevent non-communicable diseases, support a healthy lifestyle and increase the level of physical activity" dated December 18, 2018 It was adopted according to Decree No. PF-5590. The program of measures to prevent non-communicable diseases, support a healthy lifestyle of the population and increase the level of physical activity was approved. As can be seen from such decisions and decrees, the formation of a healthy lifestyle was considered one of the most urgent tasks today. according to the many years of research and scientific research experience of scientists, the main requirement of "Healthy lifestyle" is to be in constant motion and engage in physical education and sports.

We all know that it is our main duty to take care of the future young generation, to bring up a healthy, well-rounded person.

If we look at the way of life and thinking of our forefathers, we will see that they paid a lot of attention to the purity of the lineage, the purity of the seven roses, and the health of the offspring.

Today, as a result of the large-scale development of modern technologies, people's physical activity is decreasing, cardiovascular and digestive diseases are increasing. while helping to lower the pressure. This leads to the normalization of the work of the cardiovascular system and the reduction of excess weight. For example, physical activity including 20 minutes of brisk

walking, 15 minutes of cycling and 10 minutes of jogging in conditions of regular caloric nutrition will allow you to lose 5 kg of weight every year.

Monitoring of the state of human health showed the following:

- The level of health of 16-20% of the population is satisfactory;
- The level of health of 32-44% of the population is unsatisfactory;
- 10-34% of the population have various diseases or are in pre-disease condition [21,22].

The "Healthy Lifestyle" program, based on many years of scientific research and experience of world scientists, provides the following simple, at the same time, strong health, long life, and healthy offspring of the next generation to every person, which cannot be bought with any wealth. It consists of the following rules and requirements that ensure the consolidation:

1. It is necessary for every person, first of all, young people, to have a high spiritual world and culture. Because - in order to follow the rules and requirements of a healthy lifestyle, a person must be highly conscious, persistent, and willful. Spirituality and culture are at the beginning of these qualities;
2. Following the agenda;
3. Morning exercise for 7-10 minutes depending on the possibility;
4. Follow the rules of personal hygiene: wash your hands in the morning, after exercise, brush your teeth before going to bed, take a bath once a week, wash your hands with soap after handling money and vehicles during the day, before eating;
5. Rational nutrition. A sufficient amount of protein-rich products (meat, fish, eggs, yogurt, cheese, etc.) in the daily diet, especially for young people;
6. Follow the movement activity. Doing physical education and sports;
7. Stopping habits harmful to health: smoking, alcohol consumption, drug addiction, etc.;
8. Building a healthy family and paying attention to family planning based on the needs of the times;
9. Elimination of defects in character: being able to control one's emotional state, that is, avoiding mood disorders and mood disorders of others for trivial reasons.

In research conducted by researchers, American scientists Bellock and Breslow suggest the following as a health-promoting activity:

- 7-8 hours of sleep every day;
- Eating 3 times a day at specific times;
- Breakfast every morning;
- Keeping weight in moderation;
- Do not drink alcohol;
- Exercise every day;
- Quit smoking completely.

Promotion of a healthy lifestyle should be carried out in different directions. On the one hand, it is aimed at providing students and adults with certain medical and hygienic knowledge about a healthy life, awakening in them the imagination of how a healthy lifestyle affects the development of the organism, and on the other hand, education depends on forming the skills of following hygienic rules, making it a daily habit to take care of one's own health and that of others. In order to achieve this goal, it is necessary to widely promote a healthy lifestyle through the mass media, as well as in cooperation with all educational institutions. As long as there is

a person, his health, especially the growing generation, by making them physically strong and preparing them for any emergency situations that may occur, is one of the important issues that are always in the public's attention.

Pedagogical processes aimed at improving the shape and functions of the human body, keeping them healthy, forming physical movement knowledge, skills and abilities, and developing physical qualities occupy a special place in world practice. Achieving high results in physical education training can only be achieved through the correct organization of the lesson and the use of effective methods. Physical training of students and young people, formation of healthy lifestyle skills and abilities, providing them with modern knowledge is one of the main goals of the education system. In modern programs of development of higher education, the productivity of educational processes, the transformation of competences and skills in teaching is also reflected in physical education classes, in which phasing is based on the characteristics of physical exercises, the cooperative actions of students and pedagogues, classes are physical, dynamic envisages purposeful use of opportunities and situations. In today's information technology-advanced globalization process, the problem of preserving the national customs, values and traditions of the peoples of the world and their effective use in the education of young people remains an urgent problem. Of course, Uzbekistan is not an exception. It is intended to develop students in the spirit of national and universal values, educate physically healthy, spiritually and mentally developed, independent-thinking young people, loyal to the Motherland, with a firm outlook on life, deepen democratic reforms and increase social activity in the process of developing civil society. The Development Strategy of New Uzbekistan for 2022-2026 also plays an important role in further development of the Republic of Uzbekistan. President Sh.M.Mirziyoev's wide-ranging plan aimed at "creating a healthy lifestyle in our society, creating conditions for young people to regularly engage in physical education and mass sports, and further development of physical education and mass sports" Special attention was paid to professional issues and similar important tasks were defined in the implementation of the "critical work" [1]. In this regard, the content of individualization education becomes important in the formation of the social content of professional activity and the professional skills of future physical culture specialists. The Law of the Republic of Uzbekistan "On Physical Education and Sports" has been implemented, and comprehensive work is being carried out in the field of physical education and sports. In this, the cultural, educational, social and economic requirements of each country were strictly taken into account, taking a serious approach to the physical education of students and youth, relying on the multi-ethnicity of the population of the Republic in the continuous education system. The reforms carried out in our country to fundamentally improve the education system, to strengthen the material and technical base and methodological support of educational institutions, to create the necessary conditions for students and young people to regularly engage in sports, have increased the attractiveness of physical education training. is creating the ground for further strengthening the interest and attention of learners. "In the measures of moral, moral and physical education of young people in Uzbekistan, it is necessary to create conditions for young people to regularly engage in physical education and sports, to spend their free time meaningfully, and to create healthy relationships between them. such tasks as "forming a lifestyle" are defined. It is necessary to clarify the modern goals and tasks of physical education of students, theoretical-methodological

foundations, the characteristics of physical education classes at the current stage, to expand the possibilities of improving lessons based on innovative pedagogical technologies, to develop educational methodological support, and to solve this need. allows to increase the efficiency of educational processes. The purpose of the study. By using motivational technologies in physical education classes, it is to form students' healthy lifestyle skills and abilities, to increase their interest in physical education classes. To reveal the means and methods that create conditions for increasing students' interest in physical culture and forming and maintaining a permanent interest in sports. Tasks of research. Develop recommendations and proposals by studying the trainings, seminars and existing objective problems that serve to form students' interest in physical education training; - organizing the work of physical education teachers in a new way and scientifically justifying the interests of students; - to study extracurricular physical education classes available in higher education institutions and to formulate and present scientific, theoretical and methodical recommendations based on research results. Research results. The study and analysis of the scientific and methodological literature of our country and foreign authors shows that there are many scientific studies devoted to the system of training athletes. Among the scientists of our republic, T.S. Usmankho'jaev, R. Abdurasulov, D.N. Arzikulov, Z. Gapparov, V.M. Karimova, O.E. Khayitov, Z.T. Sayitmetova, M.A. Tursunova, Ye.G'. Ghaziyev, Puni A.S. A.K. Ataev, Yu.M. Yusupova, F. Khodjaev, S.G. Arzumanov, A.U. Khaitov., Z.G. Gapparov, Y. Masharipov, T.M. Adizova, Kh.Kh. Jabborov, O.R. Avezov, N.Z. Jumaev, J.A. Polatov and others physical training and sports motivation who carried out scientific research. However, it was found that there is not enough scientific research on physical education activities based on increasing the motivation of students in physical education classes. These can be the basis for studying the problem of researching the ways and conditions of organizing physical education and sports training, and for going deeper into the studied problem and clarifying this problem from a scientific and practical point of view. According to the historical testimony of human society, changing the formation of society has also changed the purpose and task of social education, the source of physical education in general and in part, the principles of its development have been developed, the methods of effective aspects of teaching, the forms of its organization have changed. Motive is a very complex psychological combination, which is considered the basis of the action, activity performed by a person (that is, it represents the reasons that caused this action). Energetically, a motive is a call to achieve a chosen goal.[2] At the beginning of the last century, several opinions about the motive were expressed by researchers. According to them, the success of an athlete's activity is determined more by the nature of the desire for sports, that is, what motivates a person to perform this or that action. To this day, the scientific analysis of the force underlying the vital activity of a person as a phenomenon there have been many attempts to reach and think. For example: A. Einstein in his 1918 scientific article entitled "Motives of scientific research" tried to determine what motivates people to engage in science. "Tashkent 2019. The motives of sports activities differ from each other not only in their diversity, but also the dynamics of their development change and change as a result of long and regular participation in sports activities.

Conclusion:

Motivation occupies a leading place in the structure of personality and is one of the main concepts used to explain the driving forces of behavior and activity. In general, the content of the motivational system determines the content of the types of activities characteristic of a person. The motivation system determines not only the actual activity, but also the desired field, the prospect of further development of the activity. Therefore, the problem of motivation is one of the most urgent problems from a methodological, theoretical and practical point of view. Thus, we can conclude that when using all the above methods together, the teacher can increase interest in science, contribute to the increase of internal motivation for physical education.

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